



Downright Special Update – July 2023

Welcome to our latest half-termly update! In this issue you'll find updates and info on:

- Summer Availability
- Staff News
- Downright Special Social Events
- Coffee & Chat Sessions
- Training for Parents and for Schools
- Downright Special Friday Groups
- Health
- Complex Needs
- Fundraising

Summer Availability

Although Friday sessions are finished until September and our staff will be having a well-deserved break from Friday 21st July, we will continue to monitor the office emails, phone messages and social media. If you need any information or support, then please do get in touch. There might be a short delay in getting back to you, but we will do our best to help! Email office@downrightspecial.co.uk, phone 01482 420160 or ask questions in the closed Facebook group for parents/carers: <https://www.facebook.com/groups/DownRightSpecialNetwork>.

The closed group is also where members have been sharing lots information about events over the summer run by other organisations that you might be interested in attending. We would also encourage you to use the closed group as a way of perhaps inviting others along to meet up informally over the summer for example at the park.

Staff News

We'd like to welcome Trustee Angela Broekhuizen to the role of social events coordinator. Angela has been a Trustee of the charity for many years, is currently our Treasurer and is a familiar face to many of you. Angela has kindly volunteered to take over the booking and organisation of social events, allowing Louise more time to focus on the fundraising part of her role. Katie Bewell will support Angela with planning the calendar of events and Katie will continue to lead events on the day with the help of volunteers Toni Bullock and Lisa Bell. For any questions about social events you can email Angela on social@downrightspecial.co.uk

Downright Special Social Events

Since the last update we have enjoyed our two Dance Parties at Swanland Village Hall with Joanna from The Little Yorkshire Dance Academy and our fundraising walk and picnic at East Park. We've continued to send out social stories before events but please do give us a call if you'd like to chat about other adjustments that might be helpful for your child or young person.

Events Round-Up

Sunday 17th September – Youth Club Pizza-Making Party for ages 11-25

11am-1pm, Ask Italian, Hull

Book here: <https://www.ticketsource.co.uk/downrightspecial/t-avyjgdm>

Saturday 23rd September –Soft play & Pizza Party for Ages 0-11

10am-12pm, Monkey Bizness, Hull

Book here: <https://www.ticketsource.co.uk/downrightspecial/t-jzjoymy>

*****SAVE THE DATES*****

Saturday 11th November – Christmas Crafts for all ages

10am-12pm Darby & Joan Hall, Cottingham

Sunday 10th December – Christmas Party

12pm-3pm, Lazaat's, Cottingham. Bookings open in October.

Coffee & Chat

Following the success of this year's parents / carers coffee and chat morning we have four dates planned for the next 12 months:

Thursday mornings 9.30am -11.30am at Bodmin Road Church.

21st Sept 2023, 30th Nov 2023, 22nd Feb 2024, 23rd May 2024.

Just turn up for a relaxed cuppa and chance to chat whilst your child/young person is at nursery, school or college. Babies and under 5s not at school or nursery are welcome to come along. Just let us know in advance so we can set up a play area with some toys!

Downright Special Training

Our Autumn term training programme is now available to book. Although many of these courses are aimed at school staff, parents are very welcome to attend these too.

All courses and information sessions can be booked here: www.ticketsource.co.uk/downrightspecial

Downright Special Education Training	
Wed 27 Sep 2023, 3:45PM - 5:45PM	Introduction to working with children with Down syndrome KS2-KS4 - Teams online course
Thu 28 Sep 2023, 3:45PM - 5:45PM	Introduction to working with children with Down syndrome FS1-KS1 - Teams online course
Thu 19 Oct 2023, 3:45PM - 4:45PM	Colourful Semantics for pupils with Down syndrome - Teams online course
Thu 16 Nov 2023, 3:45PM - 5:15PM	Teaching Reading to pupils with Down syndrome: Phonics and Sight Vocabulary - Teams online course
Wed 29 Nov 2023, 3:45PM - 5:15PM	Teaching Reading to pupils with Down syndrome: Comprehension Skills – Teams online course

Training for Parents/Carers

Our training sessions on puberty, Wills & Trusts, Mental Capacity, Lasting Powers of Attorney & Deputyships and Toilet Training took place this term and were well attended. Watch this space for details of further training courses for parents/carers planned for the next twelve months.

Downright Special Fridays

Everyone should have received a letter with details of Friday sessions in September. We are very excited about the changes we are making to the morning groups to make them more child-orientated and multi-sensory where the children have lesson time with each of our teachers.

Here's the new timetable:

9:30-10:00	Free play time
10:00	Hello song in the big back room
10:10	Session 1
10:25	Session 2
10:40	Snack in the big back room
10:55	Session 3
11:10	Magic bag in the main church hall
11:30	Finish

Dates for next term (morning groups):

8th, 15th, 22nd, 29th September
 6th, 13th, 20th, 27th October
 10th, 17th, 24th, November
 1st, 8th, 15th December

Afternoon Groups

There is no change to how we run our afternoon sessions where older children attend with their Teaching Assistants. If your child attends a fortnightly or monthly afternoon session, you and your child's school will have received a separate email confirming dates and times.

Our team put a lot of time and effort into preparing resources, so please email us on office@downrightspecial.co.uk as soon as you can, or contact your group leader if you are unable to attend a session. We do ask that you do try your best to attend every session please. Many of the activities within lessons are repeated and built on from one session to the next, so the children will make more progress and probably enjoy the sessions more if they regularly attend.

Health

Downright Special Health Lead

It's been almost two years since we created the post of 'Downright Special Health Lead', filled by Sam Findlay, Registered Nurse Learning Disability, so we wanted to remind you about all the areas that Sam can help you with.

- Signposting and advice about which health services do what, how referral is made and referral criteria. This includes support with referral forms. This also includes where families have found it problematic accessing services or who wish to feedback dissatisfaction with services.
- Advice about specific health issues common to Down Syndrome with signposting to reputable sources of information
- Advice/support around behaviours, management of behaviours at home, sensory processing difficulties and referral to Sensory Service if relevant
- Advice to parents about puberty/growing up.
- Advice and support regarding sleep
- Creation of a bespoke Health Passport for your child or young person
- Creation of social stories e.g. to prepare for appointments or about specific issues such as growing up
- Discussion with parents wondering about a possible additional diagnosis for example autism or ADHD
- A listening ear for any parent that needs space to talk in confidence

In addition to supporting families, Sam also leads on annual updates to the local Down syndrome Care Pathway, working closely with other health professionals to deliver this.

Sam's role, and our work on health and wellbeing, is currently funded by grants for Help for Health and Hull CCG's Transforming Care grants programme administered by HEY Smile Foundation.

Sam works on Fridays for Downright Special and is available to support parents / carers of children and young people of all ages. She attends some Friday mornings in person and can be contacted by phone or e-mail or is available to meet over MS Teams at any time on Fridays when not at Bodmin Road. You can contact her on sam@downrightspecial.co.uk

Down Syndrome and Complex Needs

Complex Needs Resources

The next Down's Syndrome with Complex Needs Online Support Group run by the DSA is on Thursday 14 September 2023, 10.30am – 12 noon and is free to attend.

For more info and to register to join the meeting click here: <https://www.downs-syndrome.org.uk/our-work/services-projects/training/parent-carer-meeting/>

Sensory Processing Service

Good news for East Riding families who will soon be able to access the Humber Sensory Processing Service which previously was only commissioned for Hull families! The new Humber Sensory Processing Service for the East Riding is due to open on 1 October accepting referrals for children and young people 0-18 years that have a GP in the East Riding of Yorkshire.

The team's website also available here <https://sensoryprocessinghub.humber.nhs.uk/>

In addition, Parent Workshop sessions, an 'Introduction to sensory processing differences' are on offer for parents in the East Riding. The sessions are on Thursday 10th August 10am or Thursday 16th August at 1pm and take place on MS Teams for 1.5 hours.

To book on please email the service on hnf-tr.humbersensoryprocessingservice@nhs.net with your name, the training session you would like to book onto and contact details.

Lending Library

We have a huge range of books and resources that you can borrow from us.

Our entire catalogue can be viewed online. You can browse for books and resources and then request/reserve the ones you'd like to borrow. Books can be borrowed for up to four weeks.

Email louise@downrightspecial.co.uk to request library login details or to request a pdf version of the catalogue.

Easy ways to support Downright Special

Sign up to Easy Fundraising

Easy Fundraising is an online shopping directory which features major online stores, including eBay and Amazon. Visit www.easyfundraising.org.uk whenever you shop online and we'll receive a free donation of up to 15% from every purchase you make and it won't cost you a thing! We've had a few new people sign up to this recently and we are so grateful for the support!

Amazon Wish list

You could purchase items from our **Amazon Wishlist**. This list is regularly updated with items we need such as stationary, specialist books, resources for Fridays or items for events such as the Christmas party https://www.amazon.co.uk/hz/wishlist/ls/1PGPTF1B55IEW?ref=wl_share

Movement for Good Awards

Please nominate Downright Special for The Movement for Good awards for a donation of £1000. To nominate Downright Special please complete the short nomination form below:

https://movementforgood.com/?utm_source=Email-giving&utm_campaign=Draw2-reminder&cmp=1&utm_medium=HTMLEmail#nominateACharity

Our Charity Number is: 1175863

Charity Type: Disability

Winners are drawn in June, September and December. You can only vote once this year.

Co-op Local Community Fund

Downright Special is delighted to be chosen to benefit from the Co-op Local Community Fund for the next 12 months.

Every time a Co-op member buys selected own brand products or services, 1% of the money they spend goes to local causes in the community. Please choose Downright Special by clicking on the link below: <https://membership.coop.co.uk/causes/68198> or in the Co-op App homepage, click on community and then scroll down to find Downright Special.

Suggestions and Ideas

If you wish to chat about anything in this update, have suggestions or ideas for events, training or support you would like, or you'd like to pass on any tips, please do get in touch.

Wishing you all a very happy summer and we are looking forward to seeing everyone again in September!